

Technical Award Handbook



White and Yellow Awards

THE FOLLOWING ACTIONS ARE EITHER FORBIDDEN IN WRESTLING OR CONSIDERED DANGEROUS

BRUTALITY

Punch, kick, slap, head butt, bite, pinch, fingers in eyes

GRIP

Laced fingers (your own or opponents)
Gripping or twisting opponents fingers or toes

HEAD

2 hands on head (schoolboy, cadet and females),
hand on face, linked hand round head with no arm,
strangle, full nelson (schoolboy, cadet and females)

JOINTS

Extending into unnatural movement, elbows, shoulders, knees, hips, spine
Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle

RISK OF INJURY

STANDING

Straight arm or elbow to cushion fall
During throw straight arm on landing.
Driving the head straight down into mat during a throw (eg buttock)

GROUND

Reverse bridge lift and drop, drive towards bridge
Cradle, do not put head in spine

NB

Coach should provide demonstrations if necessary
Coach should use whistle to start and end actions



Coaching points:

- Crouch in tuck position
- Chin tucked into chest
- Hands on mat, fingers forward
- Weight transfer from hands to shoulders
- Return to squat or standing position without using hands



Progression when skilled:

- Dive forward roll



Additional points/safety

- Ensure landing area is clear
- Protect head and neck by ensuring neither touch the mat





Coaching points:

- Crouch in tuck position
- Sit and rock onto shoulders
- Hands flat on mat by ears
- Fingers pointing towards shoulders
- Strong push with hands



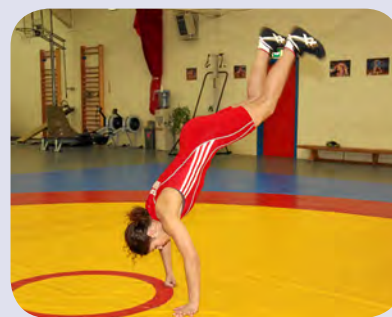
Progression when skilled:

- Backward roll to handstand



Additional points/safety

- Ensure landing area is clear
- Prevent excess pressure on neck by ensuring correct hand placement and push





Coaching points:

- As forward roll
- Jump outwards not upwards to gain height and distance
- Extend body, then complete half roll in the air to land on shoulders not head
- Reach for mat with both hands simultaneously
- Adopt tucked position on landing and let momentum carry you forward



Progression when skilled:

- Dive over partner



Additional points/safety

- Ensure landing area is clear
- Protect head and neck on landing by completing half roll before landing on shoulders





Coaching points:

- With arms extended upwards and feet shoulder width apart, step in sideways
- Ensure second arm passes over (not in front) of head
- Hand and feet should be placed along a straight line
- Keep legs straight
- Hips must pass over hands



Progression when skilled:

- Repeat action with other arm leading by reversing direction on landing
- One-handed cartwheel



Additional points/safety

- Ensure landing area is clear





Coaching points:

- Start on hands and feet, weight equally distributed between all 4 points, hips high
- Rotate hip to bring leg under body
- Keeping leg straight, maintain balance taking one foot under body to meet opposite hand
- Lower hips and hold position
- Return and repeat on opposite side



Progression when skilled:

- Extend arm and leg to side and upwards





Coaching points:

- From flat on back position, arms and legs straight, arms close to body
- Lift arm, leg and torso together, reach for leg with arm on same side.
- keep arms and legs straight throughout
- Hold V-position, then lower under control
- Repeat with opposite side



Progression when skilled:

- Increase repetitions
- Hold V for longer





Coaching points:

- On hands and toes, keep head up, lift and extend each limb in turn
- Point to ceiling and hold position
- Keep legs and arms as straight as possible during lift
- Wide base, hips high, distribute weight evenly throughout



Progression when skilled:

- Increase repetitions
- Hold position longer



Additional points/safety

- Exercise for co-ordination, strength and balance. Beginner or very young





Coaching points:

- Support body on hands and toes with hands pointing forwards shoulder width apart
- Equal weight distribution across hands and feet
- Head looking forwards
- Bend elbows lowering chest to floor and return to starting position
- Keep legs and back straight



Progression when skilled:

- Gradually increase number of repetitions
- If too difficult, revert to either four-point weightlifter or complete exercise from knees



Additional points/safety

- Care to ensure they can support their own weight





Coaching points:

- Start with back flat on floor, knees bent and feet flat on floor
- Cross arms on chest or loosely by ears
- Inhale and slowly lift shoulders
- Use abdomen to sit up, look straight ahead
- Exhale, slowly return to start position



Progression when skilled:

- Gradually increase number of repetitions



Additional points/safety

- Do not pull head





Coaching points:

- Support body on hands and toes with hands pointing forwards shoulder width apart
- Knees touching elbows
- Support majority of weight on arms
- Explosively throw legs back
- Lower hips, extend head up and back
- Rapidly return to start position



Progression when skilled:

- Gradually increase number of repetitions





Coaching points:

- Stand straight
- Feet slightly wider than shoulder width
- Keep back straight looking forward
- Bend knees to low seated position at same time take arms down
- Return to standing bringing arms to lock grip in front of chest



Progression when skilled:

- Gradually increase number of repetitions



Stance high



Coaching points:

- Slightly bent knees
- Straight back



Stance medium



Coaching points:

- Bent knees
- Straight back
- Leaning slightly forward



Stance low



Coaching points:

- Knees bent to at least 90°
- Straight back



Stance closed



Coaching points:

- keep chest to chest
- Use arms to control opponent



Stance semi-closed



Coaching points:

- use arms only to make contact



Stance open



Coaching points:

- No contact
- Within touching distance





Coaching points:

- Kneeling position on all fours, at least shoulder width apart
- Sit back majority of weight predominately on knees and toes
- Knees apart
- Elbows slightly bent
- Head looking forward





Coaching points:

Mobile stance

- Weight on knees and toes

Strong stance

- Weight on knees, ankles and insteps



Additional points/safety

- Defender must have ability to change between strong and mobile stances





Coaching points:

- Controlling wrestler behind and slightly to the side
- Weight transfer through chest weight to lower back
- Control same side arm or wrist, far side hand controls inside leg or waist
- Prevent movement of the defending wrestler



Prone position defending wrestler



Coaching points:

- Flat position
- Legs apart on toes
- Hips pushed into mat
- Arms wide apart
- Elbows slightly bent
- Head looking forward





Coaching points:

- Controlling wrestler behind and slightly to the side
- Weight transfer through chest onto shoulders
- Control nearside arm far side waist
- Prevent movement of the defending wrestler





Coaching points:

- Adopt stance position
- On command throw legs back, hands where feet were shoulder width apart
- Hips low, head up and forward
- Return to stance position



Progression when skilled:

- Improve reaction time





Coaching points:

- Movement forward, backwards, sideways prior to leg throw back
- At same time move arms to simulate sparring
- Perform throw backs as above



Progression when skilled:

- Improve reaction time





Coaching points:

- Wrestler 1 par terre
- Wrestler 2 chest to wrestler 1's back
- Do not ground knees
- Wrestler 2 rotates around wrestler 1 to position of control behind wrestler 1
- Wrestler 2 arms either assisting movement or arms behind back
- Make sure balance is maintained
- Maintain contact
- Work clockwise and anti-clockwise



Progression when skilled:

- Both athletes move





Coaching points:

- Sit on floor legs wide apart
- Legs straight (back of knees touching mat)
- Reach to touch toes and lower chest towards leg, both hands on one leg
- Look forward towards toes
- Keep head up



Additional points/safety

- Do not bend neck



Legs wide apart chest between legs



Coaching points:

- Sit on floor legs wide apart
- Legs straight (back of knees touching mat)
- Reach forward with arms to bring chest towards mat



Additional points/safety

- Do not bend neck



Grip hook



Coaching points:

- Clasp fingers tight together
- Interlinked knuckles into palms
- Keep elbows in tight



Progression:

- Teach rotation from palm up to palm down



Grip lock



Coaching points:

- Clap hands palms together 90°
- Fold fingers each hand around other to lock the grip
- Keep elbows in tight



Progression:

- Teach rotation from palm up to palm down



Grip single wrist



Coaching points:

- Grip wrist with opposite hand
- Keep elbows in tight



Grip double wrist



Coaching points:

- Grip both wrists with both hands
- Keep elbows in tight



Grip single elbow



Coaching points:

- Grip opposite elbow with one hand
- Ensure fingers tightly secured
- Keep elbows in tight



Grip double elbow



Coaching points:

- Grip both elbows with opposite hands
- Keep elbows in tight





Coaching points:

- Head and arm control
- Pull opponent towards and down
- Moving leg backwards at same time





Coaching points:

- From open stance move to double shoulder push
- Follow opponent at same time





Coaching points:

- Right hand controls head
- Left hand controls arm
- Apply pressure to disrupt opponent's balance with movement to left
- Maintain own balance



Progression when skilled:

- Transfer from left to right and from right to left





Coaching points:

- Left hand controls head
- Right hand controls arm
- Apply pressure to disrupt opponents balance with movement to right
- Maintain own balance



Progression when skilled:

- Transfer from left to right and from right to left





Coaching points:

- Kneel on mat
- Place forehead on mat, give head and neck support by placing hands on mat at side of head
- Rock head backwards and forwards and from side to side, do not circle



Progression when skilled:

- Lift knees but maintain head and neck support



Additional points/safety

- Exercise requires close supervision
- Hands must support head and neck at all times
- Only move head not body
- Do not circle head and neck





Coaching points:

- Each wrestler places one hand behind opponent's neck
- Other hand secures bicep/elbow
- Move opponent while maintaining balance





Coaching points:

- Secure opponent's head under arm controlling chin
- Opposite side under hook control
- Chest pressure on head and shoulders
- Move opponent while maintaining balance



Progression when skilled:

- Control opponent to ground



Additional points/safety

- Emphasise not a choke





Coaching points:

GRIP:

- Start of control

PREPARATION:

- Set-up

BODY POSITION:

- Must be correct

FINISH:

- End of technique



Additional points/safety

- Head up, straight back

YELLOW AWARD

Universal coaching points which apply to all techniques



Coaching points:

GRIP:

- control head and arm

PREPARATION:

- push forwards until resistance is felt
- pull down

BODY POSITION:

- Move feet back
- Follow down
- Chest on shoulders
- (block arm before circle)

FINISH:

- Circle behind
- Distribute weight to gain maximum control





Coaching points:

GRIP:

- Control both shoulders

PREPARATION:

- Break opponent's balance by manoeuvring opponent to the closed side (causing opponent to step slightly behind)

BODY POSITION:

- Twist hip + knee + foot, no step
- Change grip to take head and arm (very tight)
- Turn head looking away from opponent
- Drop hip/thigh to mat

FINISH:

- Control head and arm with tight grip
- Head up, straight back
- Legs spread wide
- Distribute weight to gain maximum control



Additional points/safety

- Danger if either wrestler puts out a straight arm during throw. Attacking wrestler must turn. They must not drive defensive wrestler's head straight down into mat.



Back body lock takedown

counter to head and arm with shift



Coaching points:

PREPARATION:

- Counter to head and arm with shift

BODY POSITION :

- Step forward/past
- Push arm off head
- Move around waist to behind
- Tight waist grip (securing opponents arm)
- Lower stance (hips below opponent)

FINISH:

- Drop and Rotate to mat (sit down)
- Do not drop onto own back
- Finish in control (above opponent)
- Distribute weight to gain maximum control



Additional points/safety

- Ensure effective rotation otherwise attacking wrestler in danger of adopting self-pin position



Coaching points:

GRIP:

- Double shoulder control

PREPARATION:

- Break opponent's balance by pulling down and towards

BODY POSITION:

- Step deep between opponent's legs, lead knee down only (driving forwards and upwards)
- Double leg grip above both knees
- Chest in contact with legs
- Pull legs
- Drive shoulder upwards

FINISH:

- Finish legs wide
- Secure tight pinning grip around lower back
- Head tight to opponents body
- Opposite shoulder pressure to chest
- Distribute weight to gain maximum control



Additional points/safety

- Defending wrestler should always attempt to sprawl and turn





Coaching points:

GRIP:

- Head and arm grip control

PREPARATION:

- Pull down attacking side till resistance felt
- Move arm up and dip down body
- Push head up and tight to opponent's body
- Rear hand round onto hip bone
- Pull head down and rotate continuously to mat

FINISH:

- Maintain head control throughout
- Distribute weight to gain maximum control



Additional points/safety

- Defending wrestler should attempt to land in chest to mat position



Coaching points:

GRIP:

- Head and arm control

PREPARATION:

- Cause opponent to step forward with leg to be attacked

BODY POSITION:

- Attack near leg
- Head outside body
- Head up back straight
- Bend knees
- Chest in contact with leg
- Lock or wrist grip from inside of leg to outside, behind knee (inside hand palm down)
- Raise leg outside of body
- Switch grip to knee/ankle with head control
- Trip from inside

FINISH:

- Aim to secure arm leg and head with tight grip
- Distribute weight to gain maximum control





Coaching points:

GRIP:

- Head and arm control

PREPARATION:

- Cause opponent to step forward with leg to be attacked

BODY POSITION:

- Attack near leg
- Lead knee drop (small step)
- Control above both knees
- Head outside body
- Head up, straight back
- Continue forward pressure
- Hook with outside leg
- Drive with shoulder

FINISH:

- Head, shoulder and leg control
- Distribute weight to gain maximum control



Additional points/safety

- Defending wrestler should always attempt to sprawl and turn





Coaching points:

GRIP:

- Head and arm control

PREPARATION:

- Move opponent into position to facilitate leg attack

BODY POSITION:

- Attempted leg attack
- Opponent defends with sprawl
- Attacking wrestler must immediately respond with, head outside body, head up, straight back, outside sprag up and rotation, driving from supporting leg
- Circle around waist

FINISH:

- Par terre control
- Distribute weight to gain maximum control





Coaching points:

GRIP:

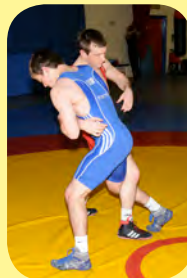
- In a high and closed stance grab arm tight with an over grip

PREPARATION:

- Attacker's shoulder is lower than opponent
- Manoeuvre until resistance is felt. Step with lowered stance when outside leg is level with opponent's
- Pull with arm, drive to fall

FINISH:

- Arch back, lift leg
- Head and shoulder control
- Sit through legs wide
- Distribute weight to gain maximum control





Coaching points:

GRIP:

- Opponent prone, good weight distribution important.

PREPARATION:

- Grip over head (back of neck), palm up
- Other arm ties up under elbow/arm pit
- Lock grip

BODY POSITION:

- Press down far elbow
- Lift near shoulder
- Walk round body (towards head)
- Transfer grip at 90° and release far arm
- Continue circle till body is inline (1 hand still on head) free hand secures shoulder

FINISH:

- Finish chest to chest
- Legs apart
- Knees off
- Distribute weight to gain maximum control



Additional points/safety

- Ensure pressure on neck is by forearm not elbow
- Cadet, schoolboys and females: only one hand on head at a time
- Ensure defending wrestler does not put out a straight arm to defend



Double arm lock forward roll



Coaching points:

GRIP:

- Attacking wrestler in par terre, with sprag

PREPARATION:

- Pull near arm and hold at bicep for control

BODY POSITION:

- Other arm reaches underneath
- Shoulder low and deep
- Grip high on far arm
- Forward pressure by shoulder and chest. Arm which secured bicep transfers to opposite wrist
- Push and pull together

FINISH:

- Finish chest to chest with head and shoulder control
- Legs spread, knees off mat
- Distribute weight to gain maximum control





Coaching points:

GRIP:

- Attempt head lock turn in prone position

PREPARATION:

- Defensive wrestler resists returns to par terre
- Attacking wrestler maintains sprag and rotates hips towards head forming right angle

BODY POSITION:

- Reach in front of face for high grip on far arm at the same time reach for far leg (between knees)
- Push with chest (shoulder deep)

FINISH:

- Head and leg control
- Distribute weight to gain maximum control
- Legs spread, knees off mat



Double leg forward roll



Coaching points:

GRIP:

- Par terre control

PREPARATION:

- Move hips towards head (right angle), drop the lead sprag, raise rear sprag

BODY POSITION:

- Lead arm to knee with shoulder deep/low into chest
- Other arm behind onto same leg ankle
- Drive with shoulder and pull with arms

FINISH:

- Keep control of legs, lift legs high
- Support opponents legs on raised leg applying shoulder pressure
- Distribute weight to gain maximum control
- Finish looking at mat



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This technical handbook and supporting DVD supports the UKCC Level 1 Coaching Course and provides the essential knowledge in video, pictures, coaching and safety points for coaches and wrestlers wishing to gain their yellow technical award.

Video footage by Verge Media
Still photos by Verge Media and John Mortimer
www.britishwrestling.org

